

WEEKLY CALENDAR

Week of: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Main Goals

Healthy Habits

	MON	TUE	WED	THU	FRI	SAT	SUN
1. _____							
2. _____							
3. _____							
4. _____							
5. _____							

Special Reminders

This week, I'm thankful for:

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